



# APES WITH **ANXIETY** AND PHONES

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To begin with, that title is not mine; it belongs to a lady named Matina. She casually said during a chat some days ago "we are all just apes with anxiety and phones"...

Our world seems to have advanced so much over the centuries, yet our collective mind has regressed to a state where humans mostly feel confused, stressed out, afraid, and frustrated. There are beautiful things in our world, in nature, even in our technology, but enjoying those beautiful things is what the majority of us struggle with. It's like staring at a bucket of ice cream but having one's hands tied up so that all they can do is stare and savor the scent, which makes it all the more frustrating. Relationships are generally a mess, as we all worry about trusting another potentially frustrated human being with our precious hearts. Parenthood is a bigger mess, as both parents are mostly struggling to "win bread" that the child ends up without proper nurture, turning into another human with a bag of issues. With all of society now focused on making money or winning bread, capitalism becomes more desperate and inhumane. Products are approved for release without a care for the long term effect on humanity. Entertainment becomes a strictly-business affair, that it wouldn't matter if the music, movie, or television program ruins the psychology of audiences as long as it makes money while at it. Big corporations feed on these system errors via apps and services that encourage more human issues. A selfish "selfie" culture is born. Quasi-narcissism becomes the norm. A billion voices with opinions following, hashtagging, digital barbarism, cancel culture, slaying, YOLO, etc. The status quo is one where whoever can shout the loudest is heard the most. And since empty barrels make the loudest noise, empty barrels gain center stage and infect the world with their dimwittedness. This mounts pressure on everyone else including the wiser folks to either join in the stupidity or be a lonely outcast. Wisdom and rationality then take the back seat. Thus, the exponential decay of our collective mind ensues. Most of us become apes with anxiety and phones.

I did not come here to write a book or an essay. When I opened the word processor this time, all I wanted to do was talk to it. I don't know how I feel right now. I know we all tell each other to not be too hard on ourselves, to be nice to self, but sometimes that's very hard to do. There are several things currently biting at my overall confidence. Where do I even begin?

- When I was 21, I said by age 28 I'd have managed to beat every personal, geographical, and financial odds against me and created impressive traction for my humanitarian mandate. I'm 30 at the time of writing this. Only very little has been achieved. Still fighting the odds. Not impressed at all.
- At 24, there was a certain hardworking fellow I thought I'd buy an automobile because I felt his situation could really use that. This was six years ago, and my life so far has been 90% shit storms and 10% oasis.
- Marriage? kids? forcing more humans into this current world that we have not yet begun fixing? I think it's selfish to only think of what we want. Then again maybe I'm just afraid of commitment when most people have the balls to take risks. Still, though, I easily berate myself but this does involve the wellbeing of another human being. Besides, many of these people I call "ballsy" are not inspiring me with what I perceive as irresponsible parenting on their end.
- I can't delineate what my principles are sometimes, because even though I get so emotionally invested in humanitarian causes, I sometimes just want to be a laid back dude peeling bikinis off several giggling girls at a pool party. But it feels like I'm not wired for this because when presented with such situations my brain feels irritated and loses interest very quickly. Seems like my mental process aligns with concepts of respect and loyalty to one. I can't tell if these concepts are natural or contrived. Because, why would those things appeal to me in theory then repulse me in practice? I feel like a conflicted hypocrite.
- When I write at times, I think it makes sense. Then I read back and find both typos and poorly phrased sentences. This bugs me because: why did my brain initially sanction it as okay? Does this mean I can't trust my cerebral verdicts? If I can't trust my brain then how can I trust anything that comes out of it! What if it concludes on something this month, and then next month that thing makes absolutely no sense to me but I have already released it into the world? This makes me paranoid about putting anything out there.
- And drugs, maybe if I did drugs my mind would be more laid back. It's like a nuclear reactor up there sometimes. Few moments of bliss followed by chemically connecting random dots to figure things out. Why must I figure everything out? Why not just sleep and let sleeping things sleep!
- And that's another thing: if I figure things out easily, read through others easily, know the answers to existential questions that seem to baffle the whole world, understand the micro solutions to the macro problems of society, then why the heck have I not figured out a potent way to beat my odds? Why can't I just work up a formula to fix my own inhibitions? Actually, to be fair, I have thought this

through some time and it made sense: surgeons cannot perform critical surgery on themselves, yet they efficiently fix other people. Sports coaches may struggle to efficiently perform a sport themselves, yet they raise the best athletes. So in certain aspects of life, struggling with self does signify ineptitude at solving problems. I'll try to keep this fact in mind.

As I write this, my eyes are heavy with sleep. I have been nocturnal for a number of days now, barely getting any sleep at night. Which, let's face it, is terrible for the brain. One feels foggy and mentally slow. It also contributes to depression, poor judgment, anxiety, and all that. But how can I sleep if my mind keeps racing? I have so much to do but don't know where or how to start. I have to finish the other essential materials I'm writing so that I can tend to other aspects of my life. I also must coordinate the social media pages for my project, design all necessary graphics, tend to the website, figure out how to raise some funds for publicity, man up to my fear of being heard, and somehow figure out a way to lift an unconventional vision from utter obscurity to global influence. There are many days I've wished I had more than just friends who sometimes provide moral support, but an actual partner who actively shared the passion as well as the burden. Granted, many days I am very optimistic and can clearly see the brilliance ahead. But other times my paranoia kicks in and a reverberating panic ensues. It would definitely be helpful to have an alternative energy to ride on in those moments.

And what is this vision anyway? I see a beautiful world. Not quite a utopia, but a balanced society governed primarily by love. I know I'd sound like a naive dreamer or some delusional fellow who thinks it is possible to change this world. But that's the thing; I know it is possible. I would deny trying to change the world if that isn't exactly what I'm proposing.

I am not one to buy into any social ideology without first scrutinizing it. So even though something has always seemed fishy to me in the way our world currently works, I couldn't quite figure it out so I pinned that feeling on my general non-conformist tendencies. Then a while ago, something happened to me where I went through a surreal phase of understanding the workings of the universe; the order of nature. This consequently put everything into perspective. I understood exactly what was wrong with our world beyond the obvious complaints, and also how to fix it. I understood humans, our inner workings, many things that were previously conjectures in my mind. It's like suddenly knowing things that you always knew but never quite knew. So I went from seeing an imaginary world to knowing what route leads to that world.

These may be things some other people already know. However, exposing me to such an understanding was like exposing fire to petrol. It became too difficult to contain my already-burning desire for a better humanity. I would have to do something about it or die. Those were my choices, and I am not exaggerating.

I read an article the other day about an Egyptian musician who was jailed for provocatively eating a banana in a music video. Both she and the director of the video were jailed and fined. Now, I understand the need for trying to contain moral behavior in a society, but we humans often tackle problems at the leaves or stems rather than the roots. I have had the privilege of being friends with three individuals from different countries that routinely regulate the moral behavior of their citizens, and I can tell you none of these three individuals was any happier than members of the free societies. Perhaps more reserved, less adventurous, but somewhat secretly rebellious. They came across like humans well trained in the art of compliance. And I would applaud these countries if I didn't notice the unfairness to the individuals who often felt trapped in a constrictive system. They would try not to complain much, as they have learned to not complain, but their true feelings were often laid bare once we began conversing. Either a frustration with an overly patriarchal system, frustration with being unable to express their true feelings in their society, or frustration with being unable to eat foods and drinks they desire. Besides these pet peeves, there were also episodes of major depression, anxiety, and existential crisis, just as with friends in the more liberal societies. The only difference being that these struggles were often kept secret. While I advocate disciplined conduct, I also believe freedom of choice is a fundamental human right. Humans should be educated on decision and consequence, and then allowed to decide. Once people clearly understand the pros and cons of any given situation they are better able to make wise or informed decisions on their own volition. Therefore, our aim should be to educate humans; not to control or repress them with doctrines and threats. Such is unjust, unfair, and inhumane.

The west is also making major mistakes by creating a toxic sense of liberty that encourages its citizen to make irresponsible decisions then shirk the consequences or blame these on other factors. The citizen of such societies often lack nature's discipline of cause and effect, behave however they please, can be sorely immature in their reasoning, and generally constitute a nuisance in the long run. They are one of the reasons why many a responsible person would think twice about bringing children into this world. The so-called liberal societies would, in the name of liberty, give guns to people who have neither the discipline nor self-control to watch their temper, leading to various gun-related mishaps. The leaders would then bemoan the situation and consider retracting the guns, but the same irresponsible citizens would protest to keep their guns. Such "public outcry" would then outweigh the government's rationality, causing them to sidestep it. Yet these weak-willed governments with cataract-ridden foresight regard their way of handling things as the best model for the world, and try to impose it on other countries too. As in the example with the gun, their methods set in motion problems that they'll struggle to solve in the future. This is why it is fair to say they have poor foresight. For instance, the high rates of depression and anxiety suffered by many people today is a direct reflection of poor decisions made by world leaders and other proponents of selfish capitalism. At that time it could have been

considered a move to encourage financial freedom in society, but it proves detrimental to the greater humanity. Likewise, this idea of "I, me, my views, my interests, what works for me, how I self-identify, respect me!" liberty without the accompanying sense of natural discipline would only create more chaos for humanity down the decades, even though it looks like freedom now. A balanced approach is the best approach.

It may sound like I am calling out the political system of the United States of America because I am. I do not care for politics, nor do I believe in any political system whatsoever, nor do I care for any word that ends with "ism" or "ist" in modern vocabulary, as I only identify with whatever empirically rhymes with nature and humanity. Therefore, I only call out the US system because with great power comes great responsibility, and the western approach is both effectively irresponsible and detrimental to humanity in the long run. Granted, America has greatness in it. It is truly a land of freedom where anybody can be successful; a system built by free people who fought for their independence. And don't even get me started on the admiration I feel towards the intelligent founding fathers who had such passion for the future of the country by the way of the constitution they wrote. I'd like to briefly resurrect them just to personally compliment their incredible foresight. Nevertheless, time has its way of wearing out a rock or changing the narrative of anything. Any country or political system can ride on its past glories, but unless it rekindles the fire that initially led to that glory, such will eventually burnout leaving a trail of ash on a broken throne. I would if I could write to the American political leaders to beware of this fate and redress the situation quickly. For time is a tricky mistress.

There are other countries that are better models for the world. Canada, for one, seems to have long understood certain strategies for creating a harmonious society. Despite being somewhat quiet on world affairs and seldom making the news, Canada sets an example for the idea of peaceful coexistence. Having learned how to embrace foreigners, keep them satisfied, keep the natives content, minimize cultural discord, and keep the economy stable over a long period of time, this country's methods prove both mature and sustainable. While no system is perfect, and a handful of people would have pet peeves, a successful system is one that is empirically successful. This is also true of some other quiet nations, but Canada stands out to me for its humanitarian approach to harmonious coexistence- a good model for the entire world to emulate.

I have often wondered what drives a revolutionary mind. Throughout history, there have been humans who did not agree with the status quo and began revolting. This baffles me at times. I mean, if a psychiatrist were to study such people closely, would they discover that they are angry at life in general? Are these people driven by some frustration in their own life that they cleverly disguise by fighting some good social cause? These questions make me scrutinize my non-conformist tendencies. I've been told that I questioned everything even before I was old enough to know anything, and I recall standing up against whatever I considered unfair. So perhaps my qualms with



immature societies come from a place other than disguised anger, and perhaps many revolutionary minds just naturally view things differently. I believe there's an important distinction between life is unfair, and humans making life unfair because life is unfair. Therefore, while we cannot change the order of nature that, for instance, causes females to go through an uncomfortable menstruation every month, we can surely change patriarchy that oppresses women. While we cannot eradicate diseases in nature, we can sure eradicate poverty by redressing capitalism. While we cannot prevent pain and death in nature, we can surely structure our world in a way that humans get to enjoy their time on earth.

It is utterly irresponsible of us humans to cause problems and then fold our arms as though we are unaware of the things we have set in motion that are yielding the problems. Are we not supposed to go back to those things and change them? If we create AI-controlled robots who become sentient and decide to enslave us, would we then fold our arms and cry while the robots crack whips on our backs and make us push stones? Certainly not! We would rally the world governments and devise ways to vanquish the robots. Why then, why do we act ineptly when things we have created, such as capitalism or social media, begin to enslave us? The answer is that these villains are good friends with some of us; they pay their dues. The hardship of many is wealth for a few. The subjugation of many is power for a few. The depression foisted on many is leverage for a few.

Do not tell me, as a world leader or a member of the oligarchy, that you are a philanthropist who cares about the suffering of a bunch of poor kids in Africa. Do not set up foundations or make grand gestures trying to feed the poor around the world, for such is not necessarily humanitarian. They will not be in poverty and will not need your sympathy if you simply did the right thing by encouraging your fellow world leaders to come together and redress this toxic capitalism that has enslaved humanity. But you wouldn't do that because the villain favors you, and does not in any way threaten your existence. Yet it makes billions of people around the world miserable day in and out. It instigates riots and destroys loving relationships. It causes unnecessary suicides, murders, and other social crimes born of desperation. But you fold your arms pretentiously bemoaning the situation like it is a sad reality we must endure. You connive with top corporations and fortune 500 companies to further create policies that benefit a few and make the miserable lot all the more miserable. Did society not exist long before we decided on global currency? And even if we did sanction money, must we make it such that humans have to slave, fight, or hurt each other just to acquire it? If one road becomes congested that it creates heavy traffic, we usually create alternative roads to ease the burden. Likewise, if earning physical money mounts this much stress on society, can we not permit new means of exchange so that people without access to money can get by using other means? Would this not effectively ease the problem of poverty?

Do not preach economics to me, for I will politely ask you to take your economics degrees and shove them up to your anus. Did we not build the rules of economics on which the modern world was established? Are they not the rules of capitalism and commercial politics? If anything is not working, we must change it. As we will not allow ourselves to be enslaved by robots, we must not allow ourselves to be enslaved by our institutions or their certifications. Do you reason like a master, or do you think like a slave? Why then, why confine your scope to the ideologies of institutions that we built? Why regard these certifications over your basic intellect as a human being? Again I ask, are you a master to this life or a slave in it? Instead of trying to educate me on the unanimously established laws of economics, I challenge you to be the professor who pioneers the new laws of non-fiscal commerce that'll revolutionize global economics! The aim is not to expunge capitalism or level down social classes entirely; only to create an alternative route to living for those without fair access to the financial system.

The laws governing the universe are beyond our influence, but the laws governing human societies are entirely ours to influence. We influence human behavior, for every human is born blank to be programmed by society. We influence genetic evolution, causing nature to produce more physically attractive humans over the centuries. We have been given a world to build to our taste, let us begin to take responsibility for it.

I suspect that this writing may have taken an uppity tone at some point. I'm not sure where that tone comes from or why it creeps up on me once I begin expressing passionately. While I will not apologize for any truths necessarily told, I do apologize if anything came out unnecessarily bumptious. Perhaps an unintentional consequence of honest expression.

That said, shall we discuss some ways to assuage the fears and anxiety we have created, and create a more harmonious world for ourselves and posterity?

There is a town in Belgium named Baarle-Hertog. But this town is actually in The Netherlands where it is called Baarle-Nassau. Confusing? Well, the history dates back to the end of the 12th Century when a Duke of one area gave parts of the land to a Lord of another in exchange for protection. This meant the same area was owned by two different countries, confusing even the native dwellers for centuries. In 1995, marks were officially drawn to indicate which areas were Belgium or Netherlands. The marks are no different from street markings and can go through a house or a shop, meaning the occupants go across borders right inside their property. The town has two of everything, one for Belgium and the other Netherlands. Two governing councils make all decisions as a pair. However, besides the occasional hilarity, this situation does not create any social issues whatsoever. The humans there live as one, and any observation of their different cultures is more ceremonial than imperative. This, to me, is another evidence proving that we can in fact create a more harmonious world where borders are irrelevant, cultures are ceremonial, religions are optional, and humans are effortlessly united.



Many scholars and lay folks alike think we have to work some kind of rocket science magic to achieve this, but all it takes is an in-depth understating of how the human mind works. Cooperation is easy to accomplish in a non-egoistic world. Once we address the basic perceptions that create cultures, religions, value differences, and the overall immaturity that leads to ego and conflicts, we automatically minimize the thirst for political power. We foster a sense of fairness in business, commerce, politics, and personal relationships. This drastically reduces tensions in the world and subsequently reduces crime rates to insignificance. Thus, we have eliminated the need for borders by making a single move. If self-governing states can exist within countries without a need for borders or any extreme security measures, then it is feasible to create a one-world world that is both cooperative and progressive. Rather than accept the emotional and psychological suffering we impose on ourselves as the norm, let us rewrite the rules until we achieve a human-first world where:

- Unless in legal situations, no human being would be confined to any small portion of the planet just because they were born there. Instead, every human has the natural right to traverse the earth and experience its magnificence.
- No human being is confined to a certain culture just because they were born into it. Instead, every human has a natural right to mix, experience, assimilate, or merge with any culture of their choice.
- Neither parent nor patriarchy has any right to tyrannically dictate life choices for another human being, male or female. Children are humans and cannot be reared like animals. Bringing a child into the world does not equate to ownership of that child. The parental role of any human who chooses to be a parent is to care for their child until its independence and release such to make their own decisions.
- No human is raised to consider any tradition or religion sacred. Instead, these are considered ways of life. They are lighthearted and entirely optional.
- Basic education is compulsory for every human child everywhere, for free. And it includes Fundamental Humanity: a simple course on self, nature, and society, that orients every human being towards healthy self-esteem and natural compassion.

The hurdle in our path to creating a harmonious world is not administrative; it is mental. By broadening human perception through sensitization and desensitization, we cause people to naturally adjust their perspectives. We do not need a war or an alien invasion to create a united world; we need education in the context of enlightenment to the beauty of love, freedom, nature, and humanity. We need education on self-awareness, inner maturity, and truths that transcend personal beliefs. Once people's eyes are opened they will immediately see. Much of the stress, anxiety, and fear that we all feel is due to the existentially unhealthy way our world is currently structured. There is a beautiful world beyond this structure, and though we may not exactly get there during this generation or the very next, the map to this brighter humanity would be drawn in the hearts of tomorrow's leaders. Posterity would be tremendously grateful for our foresight in starting that journey today.



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